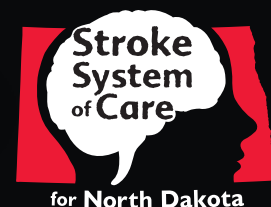




***FAST* Access to Stroke Care**



Prevent Stroke

Don't smoke and avoid secondhand smoke

Stroke is the leading cause of long-term adult disability, a common cause of acquired adult intellectual disability, and a leading cause of death.

People who smoke have double the risk of stroke and quadruple the risk of the most deadly type of stroke compared to nonsmokers.

The chemicals and toxins in cigarette and e-cigarette smoke have many harmful effects on the blood and blood vessels. Smoking also causes build-up of fatty substances in the carotid artery that carries blood to the brain.

Smoking...

- Raises blood pressure, which is a leading risk factor for stroke
- Damages the lining of blood vessels and weakens artery walls
- Makes the blood thicker and more likely to clot
- Narrows blood vessels throughout the body, slowing blood flow
- Reduces the level of good cholesterol (high density lipoprotein)
- Speeds up hardening of the arteries

The more a person smokes, the greater their risk of stroke.

The longer a person smokes, the greater their risk of stroke.

Exposure to cigarette smoke increases the risk of stroke for nonsmokers too.

Smoking and secondhand smoke multiply the danger of all other stroke risk factors.

Call NDQUITS 1.800.QUIT.NOW (1.800.784.8669) or visit www.ndhealth.gov/ndquits

Quit smoking now and: Your body starts healing 20 minutes after you smoke your last cigarette.

Your risk of stroke drops five years after your last cigarette.

Know the signs of stroke and call 9-1-1 for the fastest access to the Stroke System of Care for North Dakota.